

Healthy Eating Policy St. Peter and Paul's CBS

Definition

As outlined in National Healthy Eating Guidelines, a healthy lunch should be composed of a variety of foods as illustrated in the food pyramid.

Overview

This policy has been formed in order to foster awareness amongst all members of the school community of the importance of healthy eating.

The overall aim is to encourage healthy choices, informed by an awareness and understanding of the term "A balanced diet"

Full co-operation of parents, teachers and children is required to ensure that this policy is effectively implemented.

Aims

In relation to the Healthy Eating Policy the school aims:

- To increase pupils knowledge and awareness of healthy food and enable them to differentiate between healthy and unhealthy choices.
- To develop pupils awareness of the benefits of a well-balanced diet in promoting a healthy lifestyle.
- To encourage parents and children to choose healthy options for school lunches.
- To collaborate with Carambola (the distributors of the lunches) and monitor the lunches the children are consuming

Guidelines

- Each class teacher promotes Healthy Eating as part of the SPHE curriculum. Children's attention will be drawn to the "Healthy Eating" page in their homework journals which can be reviewed when necessary.
- Parents are made aware of foods which are discouraged in order to maintain a healthy eating environment.
- The consumption of unhealthy foods is actively discouraged and healthy alternatives are recommended.
- The children will be rewarded for their healthy eating efforts with occasional short energy/fitness breaks in yard/hall.
- Lunches cannot be shared amongst the children as some may have allergies to certain foods.

The school promotes Healthy Eating through

- Healthy School Environment
- Promoting healthy lunches/eating
- Revisiting the "Food Dude" initiative and encouraging children to bring more fruit and vegetables to school
- Choosing water every day as at least one of the drink options from the Carambola menu
- Outside speakers and agencies (Liaise with dietician from the HSE)
- Posters and other visual resources e.g. The Food Pyramid

Restricted foods
Nuts or products containing nuts e.g.Peanut Butter etc. (to safeguard children with nut allergies)
Crisps, Pringles, tortillas
Fizzy drinks
Fast food e.g. breakfast rolls, chips, wedges etc.
Lollipops
Sweets /chocolate (except as a “Friday treat”
Doughnuts.

Recommended foods
Sandwiches
Wraps, rolls, bagels, baps, wholemeal brown bread
Pitta, ciabatta, foccacia, naan breads
Crackers, Rice cakes
Pancakes, Oatcakes, Brack, Scones
Plain croissants
Raw vegetables (carrot sticks, peppers, cucumber slices etc.)
Homemade fruit salad
Fruit (pineapple chunks, apples, oranges, bananas)
Cheese (sliced/grated/cubed/triangles/cream)
Pasta